



Veterans' Services
James R. MacRae, VSO

TOWN OF ACTON
30 Sudbury Road, Rear
Acton, Massachusetts, 01720
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November 1, 2017

Greetings Acton Veterans and family members,

I would like to take this opportunity to thank you for your service and let you know more about the services available through my department. My job is to inform Veterans and family members about State and Federal benefits, as well as assist those who may be eligible in obtaining those benefits. I am a town employee mandated by State law, a State law that ensures every city and town in the Commonwealth has a Veteran Service Officer to assist Veterans and family members with Veterans benefits. My primary duty is to assist eligible Veterans and surviving spouses with a State benefit known as Chapter 115. Please refer to the top of the following page for more information regarding this benefit. This benefit is not a handout; they are benefits you've earned through your service to our country. There are no costs associated with my services and confidentiality is completely respected. Please contact my office if you wish to learn more.

Regards,

James R. MacRae
Acton V.S.O.



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ATTENTION VETERANS AND SURVIVING SPOUSES OF VETERANS

The following are just a few of the state and federal benefits you've earned. There are no costs associated with my services. Confidentiality is a top priority in my department, what is discussed in my office stays in my office.

You may be eligible for medical reimbursements if you meet the following criteria:

Assets for single Veteran or surviving spouse do not exceed \$5000

Assets for a married veteran do not exceed \$10,000

Assets do not include your primary home or vehicles

IRA's will be counted as monthly income and not assets

Monthly income does not exceed \$2000 for single veteran or surviving spouse

Monthly income does not exceed \$2621 for a married veteran

If your income is significantly less than what is stated above you may be eligible for additional benefits

Monthly medical reimbursements include prescriptions, prescription copays, hospital and doctor copays, supplemental coverage (Medex, Tufts, etc), Medicare B (currently deducted from Social Security at \$104.90 per month), and more.

Please contact my office to learn more.

Attention Vietnam Veterans

If you have ever been diagnosed with any of the following you may be eligible for compensation:

The VA assumes that certain diseases can be related to a Veteran's qualifying military service. We call these "presumptive diseases." The VA has recognized certain cancers and other health problems as presumptive diseases associated with [exposure to Agent Orange or other herbicides](#) during military service. Veterans and their survivors may be eligible for benefits for these diseases.

- **AL Amyloidosis** - A rare disease caused when an abnormal protein, amyloid, enters tissues or organs
- **Chronic B-cell Leukemias** - A type of cancer which affects white blood cells
- **Chloracne (or similar acneform disease)** - A skin condition that occurs soon after exposure to chemicals and looks like common forms of acne seen in teenagers. Under VA's rating regulations, it must be at least 10 percent disabling within one year of exposure to herbicides.
- **Diabetes Mellitus Type 2** - A disease characterized by high blood sugar levels resulting from the body's inability to respond properly to the hormone insulin
- **Hodgkin's Disease** - A malignant lymphoma (cancer) characterized by progressive enlargement of the lymph nodes, liver, and spleen, and by progressive anemia
- **Ischemic Heart Disease** - A disease characterized by a reduced supply of blood to the heart, that leads to chest pain
- **Multiple Myeloma** - A cancer of plasma cells, a type of white blood cell in bone marrow
- **Non-Hodgkin's Lymphoma** - A group of cancers that affect the lymph glands and other lymphatic tissue
- **Parkinson's Disease** - A progressive disorder of the nervous system that affects muscle movement
- **Peripheral Neuropathy, Early-Onset** - A nervous system condition that causes numbness, tingling, and motor weakness. Under VA's rating regulations, it must be at least 10 percent disabling within one year of herbicide exposure.
- **Porphyria Cutanea Tarda** - A disorder characterized by liver dysfunction and by thinning and blistering of the skin in sun-exposed areas. Under VA's rating regulations, it must be at least 10 percent disabling within one year of exposure to herbicides.
- **Prostate Cancer** - Cancer of the prostate; one of the most common cancers among men
- **Respiratory Cancers (includes lung cancer)** - Cancers of the lung, larynx, trachea, and bronchus
- **Soft Tissue Sarcomas (other than osteosarcoma, chondrosarcoma, Kaposi's sarcoma, or mesothelioma)** - A group of different types of cancers in body tissues such as muscle, fat, blood and lymph vessels and connective tissues

WELLNESS CLINIC FOR VETERANS

Coping with Anxiety, Depression, PTSD, Chronic Pain, Insomnia, Re-Entry Stress and other Conditions

Did you know that research has shown that CranioSacral Therapy can help improve symptoms of related PTSD? In 1999, the Upledger Institute International conducted a study where U.S. Vietnam Veterans suffering from PTSD were treated with CranioSacral Therapy. The results revealed that CST significantly improved the veterans' PTSD symptoms and their quality of life.

CranioSacral Therapy is so gentle and non-invasive that this approach can be partnered with other PTSD therapies, such as medication and psychotherapy, so that you can live more of the life that you desire.

Since CranioSacral Therapy builds on itself, I offer a package of five (5) one hour sessions at no cost to you. If you find that you resonate with CranioSacral Therapy and want to continue such therapeutic care, I offer a generous sliding scale that works with all income levels, including VA and other benefits. Sessions are available Monday-Friday, by appointment only.

For more information about the Vital Core Healing Wellness Clinic for Veterans, please call me at (978) 387-2854 or email me at vitalcorehealing@gmail.com.

I look forward to the opportunity to introduce you to CranioSacral Therapy and to the possibilities for you to reclaim your vibrancy, empower your health and drive.

Monica Aranguren, LMT, CST
Vital Core Healing
530 Great Road, Ste. 200
Acton, MA 01720
vitalcorehealing@gmail.com

Bugles Across America



On the first Sunday of every month at 7 p.m., we gather at our War Memorial Site, next to the Acton Firestation across from the Common to honor all our fallen men and women. We are not alone in doing this; people just like us are doing the same thing all over the United States at the same time. This is a community function provided by our American Legion Post #284. All are invited to attend. Check out our websites, www.buglesacrossamerica.org/www.buglecall.org. In closing, let's never forget the fallen.

An interesting piece of trivia about Taps: Since 1862, those 24 eloquent and haunting notes have been played on a trumpet to honor the sacrifice of those fallen service members.



CrossTown Connect provides handicapped accessible shared ride services in Acton, Boxborough, Concord, Littleton, Maynard, Sudbury and Westford. Call 978-844-6809 to see if the service goes to your destination, or visit our website at crosstown-connect.org

Veteran's Day Observance



Veterans, their families and the public are invited to observe a ceremony on Saturday, November 11, 2017 at 11:00 am on the Town Common. Please park behind Town Hall or behind the Fire Station. The ceremony will take place outdoors (weather permitting) by the Issac Davis Monument on the Common.

In the event of inclement weather, we will move the ceremony inside Town Hall. Contact James MacRae, Acton Veteran's Service Officer, at 978-929-6614 or email vso@acton-ma.gov with questions.



4th Annual Veteran's Breakfast Boxborough Regency

Friday, November 10th, 8:30-9:30 am

Veterans and their spouses in Acton and Boxborough are invited to attend the annual Veteran's Day Breakfast.

This event is sponsored by the National Honor Society of Acton Boxborough High School, as well as the Rotary Club of A-B. Please RSVP to Betsypurcell@gmail.com or call 978-758-7414.

Veteran's Luncheon
Congregation Beth Elohim



Please join us for a feast to celebrate your service. Join the teens of Congregation Beth Elohim for a brief luncheon to celebrate our veterans. We'd love to have you join us! Come 12:15 on Sunday, November 12th at Congregation Beth Elohim located on 133 Prospect Street in Acton. Our teens plan on cooking for about 15 people.

Kindly RSVP to Leann Shamash at 617-650-3029 by Tuesday, November 7th.

Six Frigates: USS Constitution and Sister Ships Presentation
Wednesday, November 15th, 1:00-3:00 at the Acton Senior Center, 30 Sudbury Drive

On March 10, 1794, the American Congress authorized then Secretary of War Henry Knox to build or buy six frigates for the colossal sum of \$688,888. The need for an American Navy was driven primarily by threats against its merchant shipping from the Barbary pirates. The focus of this presentation by Peter Sebelius will be on the six ships, their Captains, crews, the famous and infamous battles they fought and the impact they had on American History. One of the original six frigates, the *USS Constitution*, is still on the active duty roster of the U.S. Navy and of course is homeported right here in Boston. Peter will also give an introduction to the Learning in Retirement Association at UMass Lowell, where he first gave this presentation. *Peter Sebelius holds Bachelors and Master's degrees in Naval Architecture and Marine Engineering from MIT. He served on active duty in the United States Navy as an Engineering Duty Officer for 6 years and spent more than 30 years at Charles Stark Draper Laboratory.*

Paralyzed Veterans of America



On Saturday, November 11th, 2017, come support our veterans by participating in the first annual Veterans Day weekend 5K Road Race at picturesque Nara Park in Acton, MA! The race will begin promptly at 10 a.m. (all level runners welcome!) and 100% of the proceeds from the race will go directly to the Paralyzed Veterans of America service organization. This organization, founded in 1946, is unique in its support of veterans of the armed forces who have experienced spinal cord injury or dysfunction. PVA is a leading advocate for quality health care, spinal cord research, VA benefits and civil rights for veterans and all people with disabilities.

The race will be followed by a complementary BBQ, sponsored by Stop and Shop, for veterans and active service members and their families at 11 a.m. at the Nara Park Pavilion. Register for the race or contribute a donation by visiting active.com and search "Paralyzed Veterans of America Fundraiser 5K". There is no better way to spend Veterans Day weekend than thanking an honoring those who have served our country! Any questions please feel free to contact Steve Rubner or visit Stop & Shop on 100 Powdermill Road, Acton 978-897-6449.